POLL: ELECTION WON'T BE CURE-ALL FOR U.S. ECONOMY 3

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Tuesday

SETTING STAR

Venus Williams is ousted at Wimbledon in the first round 12

STATE OF EMERGENCY

Tropical Storm Debby slams Florida with a deadly deluge 4

COOKING EXPERIMENTS

New books dish on some tasteful ways to play with your food 22

am 80 | 63 pm

FOR EXTENDED FORECAST, SEE PAGE 33

SPLIT DECISION

BOTH SIDES CLAIM VICTORY AS THE SUPREME COURT TOSSES MUCH OF ARIZONA'S IMMIGRATION LAW BUT UPHOLDS THE MOST CONTROVERSIAL PROVISION 9

GETTY IMAGES/EXPRESS ILLUSTRATION

eo

eye openers

NOT!

Wedding Jitters Obliterated!

A Shelbyville, Mich., wedding party ended up soaked after the dock on which they were standing gave way during a photo shoot. No one was injured in Saturday's plunge. Groom Eric Walber says they were on the dock about 30 seconds when it started to lean and tilt. The bride says the fall was scary because her wedding dress made it difficult to regain her footing. (AP)

POSSIBLE EXPLANATIONS

Living a Few Rungs Down The Food Chain Is Exciting?

A video shows two black bears wrestling on the front lawn of a Longwood, Fla., home — but residents say they don't want the animals forced to live somewhere else. The bears were on Tammy Snell's lawn. She says bears are part of the scenery for the area and that "we moved into their area. It's really like living in a zoo." (AP)

CAUSES

'You Know What Needs Our Help?' 'Needy Children?' 'No.' 'Haiti?' 'No ... Swastikas!'

Long Beach, N.J., beachgoers were startled Saturday to see a small plane flying overhead pulling a swastika banner. The group behind the flight says it wasn't meant as a representation of hate. The International Raelian Movement says the swastika is a symbol of peace that was corrupted by Nazis. The flight was part of its third Swastika Rehabilitation Day. (AP)

The Big Picture

DMITRY LOVETSKY/AP

WHERE'S THE GOLDFISH? A navy officer drinks champagne from a huge wineglass as he celebrates graduation from a military school in St. Petersburg, Russia, on Saturday. Graduation ceremonies are held all over Russia now as students of elementary and high schools and military academies finish their education. (AP)

Poll: Election Winner Won't Help Economy

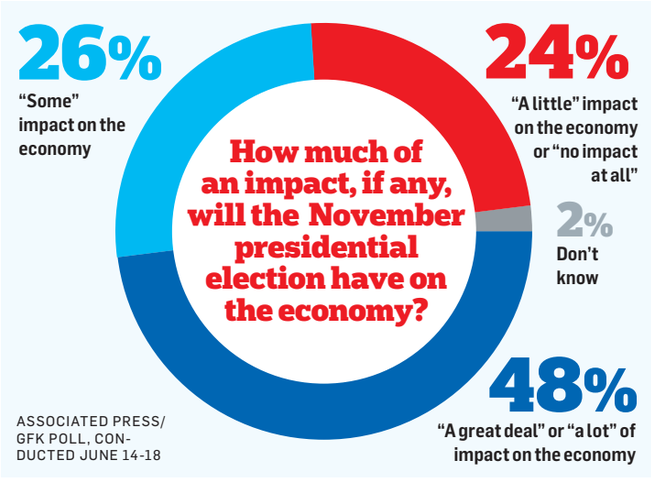
Many still pessimistic about any future president's influence

Washington

When it comes to the economy, half of Americans in a new poll say it won't matter much whether President Obama or Mitt Romney wins — even though the presidential candidates have staked their chances on which one would be better at fixing the economic mess.

People are especially pessimistic about the future president's influence over jobs, according to the Associated Press-GfK poll. Asked how much impact the November winner will have on unemployment, six in 10 gave answers ranging from slim to none.

Yet the candidates, the polls and the pundits agree — the economy is the issue of 2012. Can either man convince voters that he would set things right?



James Gray of Snow Hill, N.C., is skeptical. "It doesn't look to me like the economy or nothing gets better no matter who you've got up there," Gray said. "I don't know why it is."

A retired policeman, Gray plans to vote for Romney and thinks the Republican might win. But Gray doesn't have much hope that would improve the economy or help people like him, living on a fixed income. "Every time you go to the grocery store the prices have gone up," he said.

Years of disappointing economic news following the 2007-2009 recession have deflated American optimism. And worries about financial troubles in Europe and congressional gridlock at home hang over the future. Two-thirds of people still describe the economy as poor. And two-thirds expect unemployment to stay where it is or climb even higher over the next year.

"Right now it's so bad," said Maria Fisher of Timber Pines, Fla. "I wish everything was better."

Fisher, a preschool teacher, said she favors Romney because he's a Republican and a successful businessman. She's ready "to give him the chance to fix all these problems," she said, but doubts there's much the president can do.

Lots of Obama supporters feel the same way. "The office of the president as a single person doesn't have as much influence as we generally attribute to them," said Jeff Guertin, a mechanical engineer in Bedford, N.H., who wants to keep Obama in office.

The poll had a margin of sampling error of plus or minus 4 percentage points. CONNIE CASS (AP)

1 in 4

The number of U.S. voters who are in no hurry to decide which presidential candidate they'll choose in November, according to an Associated Press-GfK poll. (AP)

Name Game: A giant Pacific octopus at an Ohio zoo's new reef exhibit has chosen her name by pulling shrimp from a labeled ball. A list of 2,200 suggestions submitted to the Akron Zoo in a public naming contest was narrowed to three options Monday for the 20-pound, 4-foot-long octopus, and she chose Cora. She made her decision by selecting the ball labeled Cora, pulling out shrimp and then holding up the winning name with a tentacle. (AP)

In Brief

ORLANDO, FLA.

Lawyer: Zimmerman No Threat, Should be Freed

Zimmerman

George Zimmerman poses no threat to the community and should be released a second time on bail, his attorney said in a court motion released Monday. Zimmerman awaits a second-degree murder charge in Trayvon Martin's shooting death. (AP)

NEW YORK

Final Steel Beam Lifted At 4 World Trade Center

A final steel beam was lifted Monday atop a new World Trade Center skyscraper — the first expected to open at the site next year since the twin towers were decimated on 9/11. The 1.8-million-square-foot skyscraper, designed by architect Fumihiko Maki, will primarily house offices. (AP)

FONTANA, CALIF.

Teacher Tied to Hazing

Police have arrested a teacher and four students while investigating hazing allegations at a summer school. Three boys were attacked separately in the classroom of teacher Emmanuel Delarosa at A.B. Miller High School, Fontana police Sgt. Robert Morris said. Delarosa, 27, may have directed the students to carry out an assault, Morris said Monday. (AP)

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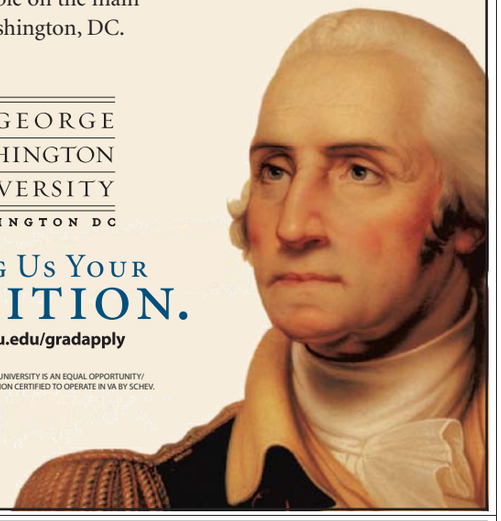

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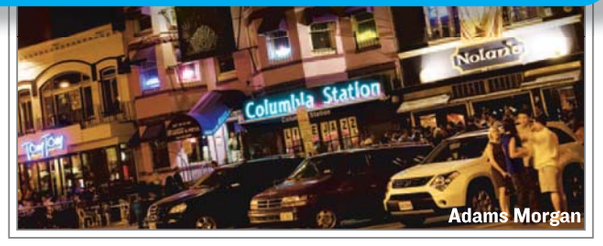

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The HAMILTON LIVE
UPCOMING PERFORMANCES

TUESDAY, JUNE 26
SIERRA LEONE'S REFUGEE ALL STARS

THURSDAY, JUNE 28
BETSY KINGSTON AND THE CROWNS W/ FUTURE

SATURDAY, JUNE 30
JESSE MALIN
W/ VINCE SCHEUERMAN

TUESDAY, JULY 3
MECHANICAL RIVER
W/ THE KERNAL, ANDREW COMBS

THURSDAY, JULY 5
NEW RIDERS OF THE PURPLE SAGE

FRIDAY, JULY 6
GEORGE PORTER JR AND RUNNIN' PARDNERS

SATURDAY, JULY 7
SET THE CONTROLS:
RECREATING THE MUSIC OF PINK FLOYD

THURSDAY, JULY 12
THE STEEL WHEELS

SATURDAY, JULY 14
ANDERS OSBORNE
W/ OLI BROWN BAND

SUNDAY, JULY 15
THE HONEYDOGS
W/ THE GROWNUP NOISE

MONDAY, JULY 16
MARIA MULDAUR

TUESDAY, JULY 17 *2 SHOWS*
THE ORCHESTRE POLY-RYTHMO DE COTONOU

WEDNESDAY, JULY 18
THE REBIRTH BRASS BAND

THURSDAY, JULY 19
JIM MESSINA

FRIDAY, JULY 20
PAPA GROWS FUNK

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Nation

SARASOTA HERALD-TRIBUNE, ELAINE LITHERLAND

Motorists drive through a flooded road Monday near Siesta Key Public Beach, Fla.

Tropical Storm Debby Soaks Fla.

Widespread flooding, tornado kill at least 1 in slow-moving storm

Tampa, Fla.

Practically parked off Florida's Gulf Coast since the weekend, Tropical Storm Debby raked the Tampa Bay area with high wind and heavy rain Monday in a drenching that could top 2 feet over the next few days and trigger widespread flooding.

At least one person was killed Sunday by a tornado spun off by Debby in Florida, and Alabama authorities searched for a man who disappeared in the rough surf.

An estimated 35,000 homes and businesses lost electricity. But as of midafternoon, the slow-moving storm had caused only scattered damage, including flooding in some low-lying areas.

The bridge leading to St. George Island was closed to everyone except residents, renters and business owners to keep looters out. The island had no power, and palm trees had been blown down, but roads were passable.

"Most true islanders are hanging in there because they know that you may or may not be able to get back to your home when you need to," said David Walker, an island resident.

Gov. Rick Scott declared a statewide emergency, and by late afternoon, Debby was in the Gulf of Mexico with sustained winds around 45 mph. BRENDAN FARRINGTON AND TAMARA LUSH (AP)

What's Ahead

Forecasters said Tropical Storm Debby would crawl to the northeast, come ashore along Florida's northwestern coast on Wednesday and track slowly across the state, exiting along the Atlantic Coast by Saturday morning and losing steam along the way. Parts of northern Florida could get 10 to 15 inches of rain, and some spots as much as 25 inches, as the storm wrings itself out, forecasters said. (AP)

$1.2B **The amount Microsoft is paying** to buy Internet startup Yammer. The social network is similar to Facebook for the business world and has acquired more than $142 million and 5 million corporate users since its inception. The purchase is an attempt to adapt to a major shift in the technology industry. (AP)

Nation

Sandusky Maintains Innocence

Bellefonte, Pa.

Jerry Sandusky wants "people to know that he's not guilty," a lawyer for the retired Penn State assistant football coach said Monday.

Sandusky — once considered Hall of Fame coach Joe Paterno's heir apparent — was convicted Friday of 45 counts for sexually abusing 10 boys over 15 years.

Karl Rominger, who helped defend the 68-year-old retired defensive coach, visited him at the Centre County jail, where he is being kept under observation and away from other inmates pending a psychological review that will help determine the next step toward his sentencing, which is in about three months.

"He's defiant and wants the truth to be told. He wants people to know that he's not guilty," Rominger said. "That would be his hope." (AP)

Meanwhile ...

Second Mile, the charity that former Penn State assistant football coach Jerry Sandusky founded, is set to begin what may be its last series of youth programs. Second Mile CEO David Woodle said it could take months for a court to rule on a request filed in May to transfer many programs to Arrow Child & Family Ministries Inc., a $36 million charity that operates in four states and the Honduras. (AP)

Brutal Wildfires Scorch the West

SCOTT G. WINTERTON/AP

BLACKENED TREES AND STRUCTURES are seen Monday near Mt. Pleasant, Utah, after a wildfire burned through the area. Brutal wildfires across the West have put tourist destinations from Montana to New Mexico in danger just at the height of midsummer family road-trip season.

GLASS CEILINGS

A Facebook First

Social media behemoth Facebook has named its No. 2 executive, Chief Operating Officer Sheryl Sandberg, to its board of directors. Sandberg, 42, joined Facebook from Google in 2008. People had called for the company to add a woman to its board ahead of its initial public offering of stock in mid-May. (AP)

GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

WEEK EIGHT

GROUP CLASSES: Break Your Routine

Sometimes we can tire of the same old workout routine. But at Gold's Gym, all it takes to dodge the pitfall of a boring workout: signing up for a group class. Every gym offers a range of classes for clients at all levels of experience. Stretch your body with Hatha Yoga. Tone your muscles with Body Pump. Enjoy a fast-paced ride with GGX Cycle. Strengthen your core with Ab Lab. Hone your self-defense skills with Body Combat. These and other exciting classes are a chance for you to vary your workout, try something new, and get to know your fellow gym members.

Tamika, one of this year's Get Fit Challengers, is an avid fan of group classes at Gold's Gym.

What group classes have you taken?

Tamika: So far, I've taken several classes, including Zumba, Body Pump, GGX Cycle, and Ab Salute. Of all of the classes, Zumba is by far my favorite! Who doesn't like grooving and burning calories all at the same time? It's a great way to kill two birds with one stone. And all of the class instructors have been awesome!

What is it about exercising in a group class that's different from working out on your own?

Tamika: The best thing about working out in Gold's Gym group classes is the encouragement that's provided. I've always been a little nervous about trying a class for the first time, but everyone involved—from the class instructors to my fellow classmates—keeps me motivated. And that constant motivation helps tremendously!

What advice do you have for people unsure about working out in a group?

Tamika: If you're unsure about working out in a group class, my advice is to just do it! I walked in and peeked inside a workout studio a number of times before I got the nerve to just jump in and start working out. And I honestly wish I would've done so sooner. You'll be surprised by your ability to work out among peers—and you'll love it!

express

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We also asked Mr. Thomas, Tamika's trainer, for his thoughts on group classes at Gold's Gym.

Why should people make group classes a part of their regular fitness routine?

Mr. Thomas: It's the fun and the excitement of the group classes at Gold's Gym that will help keep people motivated. Group classes also help prolong the adaptation process that our bodies go through when exercising—a process which ultimately brings the best results.

What qualities make group classes at Gold's Gym great ways to exercise?

Mr. Thomas: Gold's Gym delivers what it promises to each of its members: results. At Gold's Gym, the instructors are all certified in their areas and highly passionate about what they do. Every group class is well structured and designed to keep you safe from any injuries during your workout.

CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Tamika	228 lbs.	224 lbs.	38 lbs.	35 points
Jim	194 lbs.	192 lbs.	34 lbs.	35 points
Paige	195 lbs.	192 lbs.	33 lbs.	34 points
Mike	305 lbs.	301 lbs.	35 lbs.	26 points
Vasanth	246 lbs.	245 lbs.	25 lbs.	20 points
Brittany	179 lbs.	179 lbs.	10 lbs.	18 points

Points are awarded weekly for % of body weight lost and competitive challenges.

World

In Brief

ATHENS, GREECE

Finance Minister Resigns Amid Health Concerns

Rapanos

The banker who was chosen to be Greece's next finance minister resigned for health reasons Monday, three days after he was rushed to the hospital, while Prime Minister Antonis Samaras was recovering from serious eye surgery. Vassilis Rapanos, chairman of the National Bank of Greece, had been named finance minister last week. (AP)

STOCKHOLM

Al-Qaeda Trained Agent In Norway, Officials Say

A Norwegian man has received terrorist training from al-Qaeda's offshoot in Yemen and is awaiting orders to carry out an attack on the West, officials from three European security agencies told The Associated Press on Monday. Western officials have long feared such a scenario — a convert to Islam who is trained in terrorist methods and can blend in easily in Europe and the U.S. (AP)

MEXICO CITY

3 Police Officers Slain During Airport Shootout

Drug-trafficking suspects opened fire in a crowded food court at Mexico City's international airport on Monday, killing three federal policemen who were on an anti-narcotics mission as panicked witnesses dived for cover. A witness said the shooters also wore police uniforms, and officials were investigating whether the attackers were active-duty police, former officers or impostors. (AP)

28

The number of Spanish banks that saw their credit ratings slashed Monday by Moody's, which cited the overall weakening of the Spanish government's credit. (AP)

Defectors Flee Syria in Droves

Damascus denies hostility as tensions with Turkey escalate

Beirut

A Syrian general was among the latest defectors from the Syrian military, officials said Monday, after dozens of Syrian soldiers fled overnight to Turkey, crossing the border with their families.

The general defected in recent days, Turkish officials said. Then, according to the state-run Anadolu news agency, 33 soldiers crossed the border overnight, including a second general and two colonels.

But a Turkish official said the group included three colonels and no generals. The two accounts could not immediately be reconciled.

Thousands of soldiers have abandoned the Syrian regime, but most are low-level conscripts. The rebel Free Syrian Army, which is based in Turkey, is made up largely of defectors.

Anadolu said 224 people crossed into Turkey overnight, the latest blow to Syrian President Bashar Assad's regime.

Activists say more than 14,000 people have been killed since the uprising began in March 2011, and the death toll grows every day.

There are widespread fears that the conflict could spark regional unrest — and those fears grew Friday when Syrian forces shot down a Turkish military plane.

Syria insists the plane violated its air space. But Turkey disagrees, saying that though the plane had unintentionally strayed into Syria's air space, it was in international airspace when it was brought down.

In recent days, both sides appeared to be trying to calm tensions over the incident, and Syria's Foreign Ministry spokesman said Monday his country has "no hostility" toward Turkey.

Ankara has called a NATO meeting, set for Tuesday, to discuss the incident. BASSEM MROUE AND SUZAN FRASER (AP)

Jet Incident a Hot Topic

Syria's downing of a Turkish military jet over the weekend has the feel of a turning point that could drag Western powers into a conflict that is spiraling out of control. But for all the hard talk, the prospect of Western military intervention in Syria remains remote, at best. Foreign ministers from the 27 European Union countries on Monday condemned the incident, but said the bloc would not support military action in the troubled country. (AP)

Shrine's Burning Ignites Anger in Kashmir

DAR YASIN/AP

CROWDS GATHER AS A FIRE RAGES Monday at a Muslim shrine in Indian-administered Kashmir. Residents angered over what they said was a slow response by firefighters in Srinagar city to save the 200-year-old shrine of Sheikh Abdul Qadir Jeelani launched protests, and at least 30 protesters and 10 police were injured in clashes, officials said.

Cyprus Cites Greek Crisis in Seeking Bailout

Nicosia, Cyprus

Cyprus on Monday became the fifth eurozone country to request financial aid from its partners in the troubled European currency union as it struggles to shore up banks that took heavy losses on Greek debt.

The island nation's government said in a terse statement that it required aid after "negative spillover effects through its financial sector, due to its large exposure in the Greek economy."

Cyprus joined the European Union in 2004 and began using the euro four years later. Greece, Ireland and Portugal have received European bailouts. Spain, which has asked for money to rescue its banks, is still negotiating the terms of its aid deal. (AP)

Olympic-Size Me: The McDonald's at the London Olympic Park is supersized — but not, critics say, super-healthy. The fast-food giant said Monday its two-story restaurant will be its biggest and busiest in the world, seating 1,500 diners and serving up to 14,000 people a day. Despite complaints by British doctors, McDonald's says it will offer its menu mainstays of burgers and fries alongside healthier options because people enjoy the familiarity. (AP)

World

ECOLOGY

Safe to Serve

The first seafood caught off Japan's Fukushima coastline since last year's nuclear disaster went on sale Monday, but the offerings were limited to octopus and marine snails due to fears about radiation. The seafood fetched almost half of what they did before the March 11, 2011, disaster, officials said. (AP)

President Decided, Egypt Begins to Move On

Morsi starts to form government, seeking to establish stability

Cairo

Egyptian President-elect Mohammed Morsi moved first thing Monday morning into the office once occupied by his ousted predecessor, Hosni Mubarak, and started work on forming a government even before he had a clear picture of what he could do after the ruling military stripped most of the major powers from his post.

The country breathed a sigh of relief that at least the question of who won the presidential runoff had been resolved on Sunday after the first free and fair elections in Egypt's modern history. People returned to work a day after a panic that sent many home early for fear that violence might erupt when the winner was announced. Traffic was flowing again through Cairo's Tahrir Square, the birthplace of last year's uprising, which had been blocked for nearly a week by Morsi supporters protesting the military's power grab.

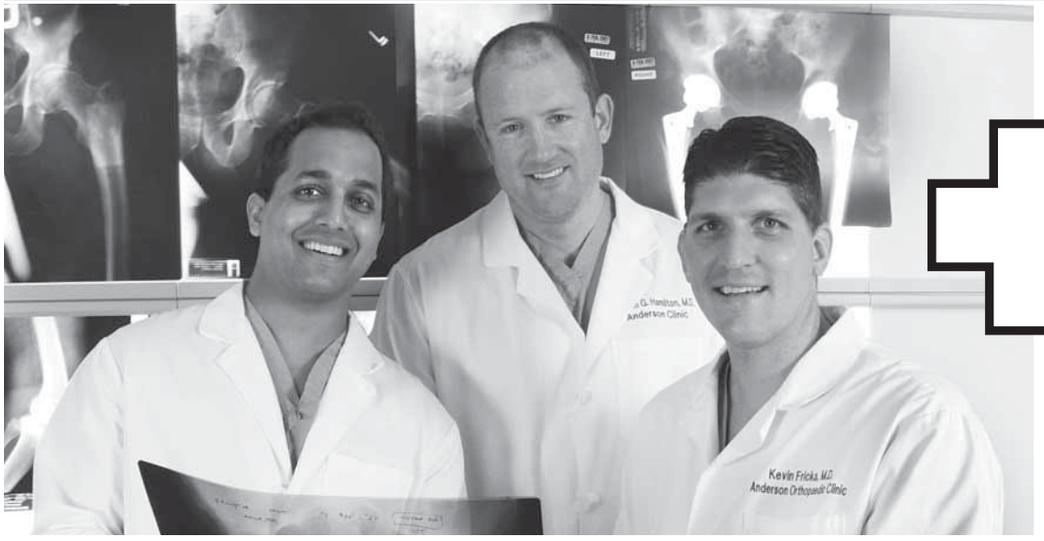
"His priority is the stability on the political scene," said Yasser Ali, a spokesman for Morsi.

With the parliament dissolved, it was unclear where Morsi, Egypt's first Islamist president, will be sworn in. SARAH EL DEEB (AP)

BERNAT ARMANGUE/AP

People pray Monday in Cairo's Tahrir Square, a day after Egypt named its president.

Mohammed Morsi is Egypt's first civilian president — his four predecessors all came from the ranks of the military. (AP)



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World

Archaeologists Restore Pakistan's Buddhist Sites

Jahanabad, Pakistan

When the Taliban blew the face off a towering, 1,500-year-old rock carving of Buddha in northwest Pakistan almost five years ago, it fell to an intrepid Italian archaeologist to come to the rescue.

Thanks to the efforts of Luca Olivieri and his partners, the nearly 20-foot-tall image near the town of Jahanabad is getting a facelift, and many other archaeological treasures in the scenic Swat Valley are being preserved.

Hard-line Muslims have a history of targeting Buddhist, Hindu and other religious sites they consider heretical to Islam.

200

The approximate number of Buddhist carvings in Pakistan's Swat Valley, most of which were defaced centuries ago by Muslims who, like the Taliban, consider Buddha a false idol. (AP)

In recent decades, the area was known as "the Switzerland of Pakistan," popular with religious tourists, and the hope is that restoration of the Jahanabad Buddha will spark a tourism revival.

The 49-year-old Olivieri leads the Italian Archaeological Mission in Pakistan. Its mission is funded by the Italian government, which works with Pakistani authorities.

Maulana Shamsur Rehman, an Islamist politician in Swat, says the attack on the Buddha should never have happened. Islam preaches freedom and protection for followers of all religions, he said.

B.K. BANGASH|AP

Backstory

The Jahanabad Buddha, etched high on a huge rock face in the sixth or seventh century, is one of the largest such carvings in South Asia. It was attacked in the fall of 2007 when the Pakistani Taliban swarmed across the scenic Swat Valley. Archaeologists began work this month on fixing the cracks and what's left of the face, but a full reconstruction is impossible because detailed documentation and fragments of the face are lacking. **(AP)**

But the site Olivieri worried most about during the Taliban's reign was an Islamic one — the roughly 1,000-year-old Udegram Ghaznavid mosque. But militants never occupied or damaged it.

Officials say the Taliban are again trying to infiltrate Swat, but militants are not the only threat to the archaeological sites: Looters are perhaps a bigger problem.

SEBASTIAN ABBOT (AP)

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Hearsay

"I am confident that Russia, which defeated fascism, will not allow similar threats today. Not the Iranian threat."

— **ISRAELI PRESIDENT SHIMON PERES,** SPEAKING MONDAY AS RUSSIAN PRESIDENT VLADIMIR PUTIN BEGAN A VISIT TO ISRAEL TO FOSTER BUSINESS TIES AND FRIENDLY RELATIONS. PERES STEPPED UP PRESSURE ON IRAN TO CURB ITS NUCLEAR PROGRAM.

A Borderline Victory

High court hands Obama a partial win over Ariz.'s immigration law

Phoenix

Arizona officials claimed a partial victory Monday after the Supreme Court upheld the "show me your papers" provision of the state's immigration law, while rights groups vowed to prevent it from ever taking effect.

While the court struck down most of the law, it preserved a section that requires police to check the status of people stopped for various reasons and who also might appear to be in the U.S. illegally.

The mixed outcome vindicated the Obama administration's aggressive challenge to laws passed by Arizona and the states that followed its lead in attempting to deal with illegal immigration in the face of federal inaction on comprehensive reform.

"What this decision makes unmistakably clear is that Congress must act on comprehensive immigration reform," said President Obama, who said he was pleased that the court struck down key parts of Arizona's law.

But Arizona Gov. Jan Brewer also claimed a win, saying the ruling marked a victory for people who believe in the responsibility of states to defend their residents.

Brewer said she expected lawsuits to challenge the implementation of the law. "It's certainly not the end of our journey," she said.

Immigration rights groups said they were surprised and disappointed by the court's decision and planned to ask the lower courts to block implementation.

"The opinion invites the challenges that we are bringing," said Linton Joaquin of the National Immigration Law Center, one of the groups pushing a separate challenge to the Arizona law. "It's going to cause racial profiling. It will cause prolonged detentions."

Kansas attorney Kris Kobach, who helped draft the Arizona law and has advised officials in other states wanting to crack down on illegal immigration, called the ruling "a big victory for Arizona" while acknowledging it wasn't a complete win.

In the Phoenix area, some residents were pleased that the court struck down most of the law.

Audrey Pulido, who owns the Garage Bike Shop, said she was pleased that most of the law was struck down but said it's unfair that police still can check a person's immigration status.

"It's like judging a book before you even read it, just by what they are," said Pulido, whose husband was in the U.S. illegally before they were married. "They are human beings, first of all."

Pulido's shop is inside a shopping area in the predominantly Hispanic town of Guadalupe. She said residents do not talk much about the law but it has instilled fear in them and factors into how they plan their lives.

Pulido said a waitress next door asked her if she would sign a notarized document to care for her son if the woman got deported.

"You don't get that all the time," Pulido said. "They have to think that way — 'What's going to happen to me?'" JACQUES BILLEAUD (AP)

ROSS D. FRANKLIN/AP

Activists weep and sing Monday in Phoenix after the Supreme Court struck down three main parts of Arizona's immigration law.

Divisive Decision

Arizona passed its controversial immigration law in 2010, *with lawmakers arguing that the federal government wasn't adequately preventing illegal immigration. The Obama administration sued to block it, saying that enforcing immigration laws was a federal responsibility. Federal courts had refused to let the four key provisions take effect, and on Monday, a divided Supreme Court struck down three of them.* (AP)

PROVISION: Police must check the status of people stopped for various reasons who might appear to be in the U.S. illegally.
DECISION The court unanimously upheld the requirement.

PROVISION: All immigrants in Arizona must obtain or carry immigration registration papers.
DECISION (6-2): Struck down.

PROVISION: It is a state criminal offense for an illegal immigrant to seek work or hold a job.
DECISION (5-3): Struck down.

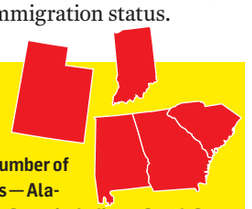
PROVISION: Police can arrest people suspected of being illegal immigrants without warrants.
DECISION (5-3): Struck down.

"No American should ever live under a cloud of suspicion just because of what they look like. Going forward, we must ensure that Arizona law enforcement officials do not enforce this law in a manner that undermines the civil rights of Americans."

PRESIDENT OBAMA,
WHO VOICED CONCERN ABOUT WHAT THE HIGH COURT LEFT INTACT

"[This] has always been about our support for the rule of law. That means every law, including those against both illegal immigration and racial profiling."

ARIZONA GOV. JAN BREWER,
WHO SAID THE LAW WILL NOT RESULT IN RACIAL PROFILING



5

The number of states — Alabama, Georgia, Indiana, South Carolina and Utah — that have adopted variations on Arizona's law. Parts of those laws also are on hold pending the outcome of the Supreme Court case. (AP)

DC Rider

FREE IPHONE APP AVAILABLE NOW AT THE ITUNES STORE

Extra Charge for Paper Cards

Q I find this $1 surcharge to be a little bit outrageous. I'll have five family members coming to visit in August. Does this mean they will be forced to either pay an extra buck for each Metro trip they take or go ahead and buy SmarTrip cards? Seems a little ridiculous.

Yes. If they use paper fare cards, they'll pay a dollar extra per trip. So if you think they'll make five trips or more during a stay spread out over a few days, they might as well buy SmarTrip cards. You might also look at the different types of passes to see if there will be any bargains in there.

Q This shows why the Metro needs to allow multiple people travel with a single fare card. Why should a family of four need to have separate cards for the kids? Why should I have to have extra cards on hand for guests that come into town? I know other systems let multiple passengers travel with a single card.

I'm not familiar with systems that allow multiple travelers to use a single fare card. Sounds like an invitation to fare jumping.

Q N.Y.C. transit allows it. You can get up to five people through on one MetroCard at a time. But they also have one fare for anywhere you go. That is likely the difference.

Thank you. Got similar responses from several people, who also noted the difference between a flat fare system like New York's and a time and distance based system like Metrorail.

Q Can I take the Metro to Farragut West, get a haircut, buy a cigar, have lunch and then re-enter the system at Farragut North (using the virtual crossing option) and return home all on the same single fare?

Just don't go for the three martinis at lunch. You've got half an hour to get between Farragut North and Farragut West to make the free Metrorail transfer with your SmarTrip card.

Q This morning, my Blue Line train to Largo sat at Arlington Cemetery for 10 minutes (by my watch) while two Orange Line trains went through Rosslyn first (according to the conductor). This also happened quite a bit last week, although I didn't time it. Shouldn't Metro give Blue Line trains the priority to go through Rosslyn since there are fewer of them now and since most people who are already on the Blue Line trains already likely had to wait for their train in the first place? Also, wasn't part of the brilliance of Rush Plus the theory that less Blue Line trains would cause fewer delays at Rosslyn?

I'm not sure how your case for a priority would fare if we had 12 Orange Line riders on the jury. But I'd be very interested to hear from them, as well as other Blue Line riders. That switch at Rosslyn has certainly been a problem. The two lines come together and have to take turns. It seems logical to me that Metro would send a couple of Orange Line trains through before taking the time to change the switch over for Blue Line access. Since there are more Orange Line trains to get through the switch, doesn't that seem like it would cost the system less time than changing the switch for every train? Probably doesn't seem that way when you're sitting on a train between Arlington

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Local

Cheh Urges Limits on Pesticides

Council member says chemicals should be banned from schools

Washington

D.C. Council member Mary M. Cheh, D-Ward 3, is asking her council colleagues to make it a bit harder to kill pesky bugs, arguing there should be more regulation of potentially harmful pesticides in the District.

The council will vote Tuesday on a bill that instructs the D.C. Department of the Environment to identify classes of pesticides that may pose a health risk. Those chemicals would then be banned from use in city schools, District government buildings, child-care centers and within 25 feet of any body of water. When certain pesticides are used at a home or business, nearby residents would have to be notified prior to application.

And to try to wean District residents and pest control specialists off all sorts of pesticides, the bill requires the University of the District of Columbia to hold classes and neighborhood meetings informing residents how they can control insects without relying solely on chemicals.

The classes will be funded by increasing registration fees for licensed applicators from $130 to $200 per year.

> **"Pesticides are dangerous and they cause illnesses. They affect our health seriously."**
>
> — D.C. COUNCIL MEMBER MARY CHEH, D-WARD 3, WHO AUTHORED THE BILL FOR MORE PESTICIDE REGULATIONS

But some residents and chemical manufacturers warn the bill could make it harder for District residents to control roaches, ants, bed bugs and other pests. And like most major cities, the battle against the bug in the District rarely subsides.

"The proposed measure would take away U.S. Environmental Protection Agency-approved pest control products that I rely on to protect my family from pests such as rats, mice, cockroaches and bed bugs," Robert K. Simon, a toxicologist who works for the pesticide industry, testified in opposition to the bill.

Cheh is asking the District government to assume a responsibility already performed by the EPA, greatly expanding the authority of the city environmental agency.

TIM CRAIG (THE WASHINGTON POST)

Same-Sex Marriage Opponents Adding Up

Annapolis, Md.

The Maryland Marriage Alliance says it has submitted 39,743 additional signatures, bringing the group's total to more than 160,000.

Josh Levin, campaign manager for Marylanders for Marriage Equality, said that the success of the opposing side in forcing a public vote on the state's new same-sex marriage law was expected.

As of 10 days ago, local elections officials had verified more than 109,000 signatures submitted — well over the required 55,736 to put the issue on the ballot.

As part of those efforts, Governor Martin O'Malley, a Democrat, and House Speaker Michael E. Busch, D-Anne Arundel, are co-hosting a fundraiser for Marylanders for Marriage Equality in Ocean City on Tuesday.

JOHN WAGNER (THE WASHINGTON POST)

The Folks Are in Town

MARVIN JOSEPH/TWP

MISSISSIPPI STATE UNIVERSITY STUDENTS Mike Robinson, center, and Scott Willard, right, from the college of Agriculture and Live Sciences transport Maggie the cow (who can actually be milked) to her place on the National Mall in Washington, D.C. The theme for the school's exhibit at the Smithsonian Folklife Festival is 'Animals in a Different Light,' and this group will talk about dairy and milk production. The festival runs from June 27-July 1 and July 4-8. | **postlocal.com**

In Brief

WASHINGTON

Sentencing Hearing Set For Ex-Aide to D.C. Mayor

Brooks

A federal judge on Monday set a sentencing date for a former campaign aide to D.C. Mayor Vincent Gray, despite a prosecutor's request to not schedule the hearing because the investigation is continuing. U.S. District Judge Colleen Kollar-Kotelly scheduled a Sept. 24 sentencing for Howard Brooks, who pleaded guilty last month to lying to the FBI about under-the-table payments made to a minor candidate in the 2010 mayoral race. (AP)

HERNDON, VA.

Teen Charged in Attack On Barnyard Animals

A teenage boy has been arrested and charged with attacking animals at a Herndon-area farm park. Fairfax County police say the teen was arrested on Saturday after officers received a tip a day earlier. The unidentified 17-year-old, who lives in Herndon, was charged with four felony counts of maiming animals, three misdemeanor counts of animal cruelty and two counts of unlawful entry. (AP)

FAIRFAX

Falsely Accused Teacher Awarded $72,000 in Va.

The Fairfax County School Board has agreed to pay more than $72,000 in legal fees to teacher Sean Lanigan, who was falsely accused, jailed and then acquitted of molesting a 12-year-old girl, ending a lawsuit Lanigan filed to recover most of his costs. The county's payout is $72,838, although that does not include fees for the lawyers Fairfax hired to fight his request for nearly a year. (AP)

The Lotteries

Monday, June 25

Maryland

Mid-day Pick 3	3-6-5
Evening Pick 3 (Sun.)	3-8-3
Mid-day Pick 4	2-6-4-5
Evening Pick 4 (Sun.)	0-9-5-4
Match 5 (Sun.)	1-19-35-38-39 (22)

District

Mid-day Lucky Numbers	6-1-7
Evening Lucky Numbers (Sun.)	4-2-9
Mid-day DC 4	4-3-7-6
Evening DC 4 (Sun.)	3-2-7-3
Mid-day D.C. Five	4-8-2-1-7
Evening D.C. Five (Sun.)	6-4-4-4-8

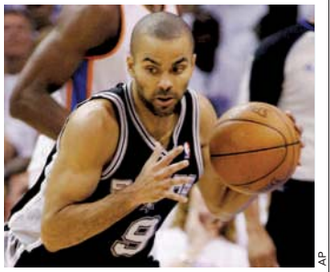
Virginia

Mid-day Pick 3	9-3-4
Evening Pick 3 (Sun.)	8-4-2
Mid-day Pick 4	6-5-9-4
Evening Pick 4 (Sun.)	1-4-2-4
Mid-day Cash 5 (Sun.)	5-16-17-27-33
Evening Cash 5 (Sun.)	3-12-24-30-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Sports

In Brief



AP

Tony Parker may miss the Olympics after an infamous fight last week.

PRO BASKETBALL

Parker Nearly Lost Eye In Fight Involving Singer

NBA star Tony Parker may miss the London Olympics after almost losing his eye in a fight involving singer Chris Brown and members of hip-hop star Drake's entourage. Parker's cornea was scratched in the fight, and the San Antonio Spurs guard revealed he had to have an operation to remove a shard that had "penetrated 99 percent" of his left eye. (AP)

PRO BASKETBALL

Cavs Hire Ferry as GM

The Atlanta Hawks have hired Danny Ferry as president of basketball operations and general manager. Ferry, 45, is replacing Rick Sund, whose contract expires at the end of June. The announcement was made Monday. (AP)

COLLEGE FOOTBALL

Playoff Plan Gets Hearing

The Bowl Championship Series commissioners will present their four-team playoff proposal to the presidential oversight committee Tuesday in Washington. The committee is headed by Virginia Tech's Charles W. Steger and includes one university leader from each of the 11 major football conferences, as well as independent Notre Dame. (AP)

PRO HOCKEY

NHL Talks Set to Begin

The head of the NHL players' union said Monday that negotiations on a new collective bargaining agreement will begin "very quickly" — perhaps as early as this week — and didn't rule out talks stretching into the season. (AP)

HASSAN AMMAR/AP

Men play soccer in Riyadh, Saudi Arabia, this month. Saudi Arabia is in talks to let women compete in the Olympics for the first time.

Saudis Near Historic Step

Kingdom appears ready to end its ban on women competing in Olympics

Olympics

A month before the London Games, Saudi Arabia appears to be moving closer to sending female athletes to the Olympics for the first time amid mounting pressure on the ultraconservative Muslim kingdom to grant women more rights.

Deliberations by Saudi officials on sending women to the games have been wrapped in secrecy for fear of a backlash from the powerful religious establishment within a deeply traditional society, in which women are severely restricted in public life and are not even allowed to drive.

Saudi Arabia is one of three countries that have never included women in their Olympic teams, along with Qatar and Brunei. The International Olympic Committee said talks have been ongoing with Saudi Arabia to ensure participation, and a statement by the country's embassy in London said female athletes who qualify could be allowed to participate.

Women participate in sports in Saudi Arabia, including clandestine soccer and basketball leagues. There are no national competitions, however, that would allow them to compete in order to qualify for international events. If the Saudis do send women to the games, then female athletes in judo and in track and field are considered possibilities, officials familiar with the negotiations said. (AP)

> **"An 11th-hour change of course to avoid a ban does not alter the dismal and unequal conditions for women and girls."**
>
> — **MINKY WORDEN,** DIRECTOR OF GLOBAL INITIATIVES AT HUMAN RIGHTS WATCH

"The Kingdom of Saudi Arabia is looking forward to its complete participation in the London 2012 Olympic Games through the Saudi Arabian Olympic Committee, which will oversee the participation of women athletes who can qualify for the games," the statement said.

Human Rights Watch said the announcement is "an important step forward," but the New York-based group cautioned that gender discrimination in the country remains "institutional and entrenched."

There are no written laws that ban or restrict women from participating in sport in Saudi Arabia, home to Islam's holiest shrines. The stigma of female athletes is rooted in conservative traditions and religious views that hold that giving freedom of movement to women would make them vulnerable to sin.

Saudi officials have been sending mixed signals for months. While some said that they had been working on an arrangement with the IOC, top sports officials in the kingdom were adamant in publicly denying the possibility of female athletes competing at the Olympics.

On Monday, a Saudi official said an announcement by King Abdullah about Saudi women's participation in the Olympics was expected some days ago, but was postponed after the death of Crown Prince Nayef.

IOC President Jacques Rogge has said he is "optimistic" that Saudi Arabia will send women athletes, but last month said any deal was far from complete. Qatar and Brunei are expected to include women, according to the IOC. If some arrangement can be made for the Saudis, all national Olympic committees in London would include women athletes for the first time in Olympic history. (AP)

Sports

Heat Revel in Championship

ALAN DIAZ/AP

MIAMI HEAT GUARD DWYANE WADE, left, and coach Erik Spoelstra bask in Monday's celebration of the team's NBA championship. Wade wore sunglasses in a nod to his fashion statement throughout the playoffs, and Miami officials like Spoelstra got into the act as well. The Heat beat the Oklahoma City Thunder in five games to win the title last Thursday.

50 **The number of games** outfielder Marlon Byrd was suspended on Monday by Major League Baseball after testing positive for a performance-enhancing substance. Byrd started the season with the Cubs and was dealt to the Red Sox, who released him June 13. (AP)

Okafor on Injury: No Reason for Concern

New Wizards center says knee problems were lockout-related

The Wizards

Emeka Okafor played basketball last week for the first time since February, but the newly acquired Wizards big man said it wasn't a cause for concern.

His health is fine, said Okafor. And the left knee injury that caused him to miss the season's final 39 games was simply a result of the lockout-shortened season. He said his rehabilitation has been a "progression" and expects to be ready to go by the middle of July.

The Wizards acquired Okafor along with Trevor Ariza from New Orleans in exchange for Rashard Lewis and the 46th overall pick in next week's draft. "It's just one of those wacky things that happened," Okafor said at Friday's introduction. "It happened all around the league last year. I'm not concerned about it."

Okafor has started at least 72 games five times in his eight-year career, and he said he expects the same in Washington. Head coach Randy Wittman said there would be open competition for the starting lineup.

Okafor suffered a debilitating right ankle injury that limited him to just 26 games in his second season in Charlotte, and a left calf strain forced him to miss 15 games in his third season. But he's optimistic. "By mid-next month I'll be full-time, ready to go," Okafor said. (THE WASHINGTON POST)

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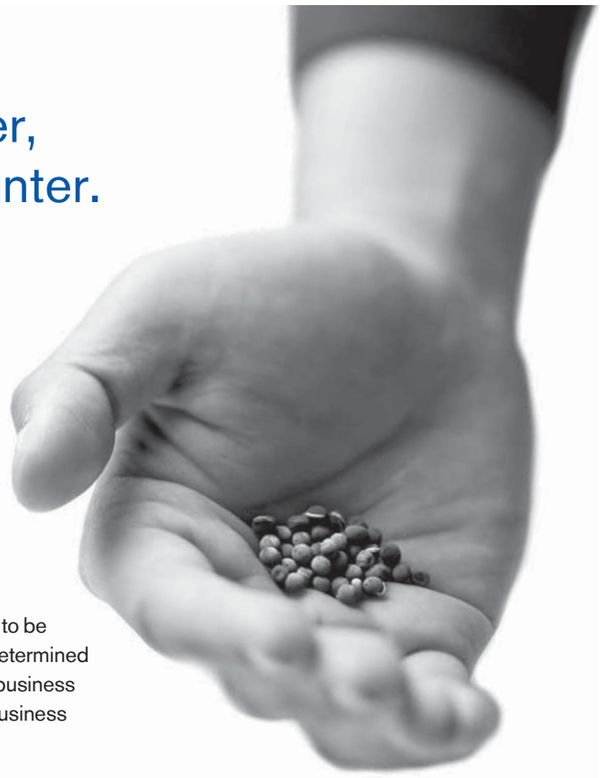

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Sports

ALASTAIR GRANT/AP

Venus Williams waves to the crowd after being eliminated at Wimbledon Monday.

Venus Bounced In Opening Round

Early Wimbledon exit adds to Williams' woes from disease

Tennis

For the first time since her debut appearance at the All England Club 15 years ago, Venus Williams failed to get past the first round of Wimbledon.

The five-time champion was eliminated 6-1, 6-3 by Elena Vesnina of Russia at Wimbledon on Monday, the latest setback since being diagnosed with an energy-sapping autoimmune disease.

Williams, who has fallen to 58th in the rankings, lost the first five games to the 79th-ranked Russian and was never able to turn the match around.

It was the first time Williams lost in the opening round of a major since the 2006 Australian Open. "I feel like I'm a great player," Williams said. "Unfortunately I have to deal with circumstances that people don't have to deal with normally in a sport, but I can't be discouraged by that. I'm up for challenges." (AP)

Other Results

- Top-ranked Novak Djokovic, six-time champion Roger Federer and No. 1 Maria Sharapova all enjoyed easy straight-set wins.
- No. 6 Tomas Berdych, the 2010 runner-up from the Czech Republic, lost in three-straight tiebreakers to 87th-ranked Ernests Gulbis of Latvia.
- John Isner, the 11th-sedeed American, was upset in five sets by Alejandro Falla of Colombia, 6-4, 6-7 (7), 3-6, 7-6 (7), 7-5.

TV Lineup

NATIONALS (8:40 P.M., MASN2) The Nats remain in Colorado for their series against the Rockies.

ORIOLES (7 P.M., MASN) After beating the Nats at Camden Yards, the O's return to action for a set against the Los Angeles Angels.

MYSTICS (7 P.M., ESPN2) The Mystics tip off against the Seattle Storm.

OLYMPICS (6:30 P.M., NBCSN, 8 P.M., NBC) The second day of U.S. Olympic swimming trials in Omaha, Neb.

TENNIS (7 A.M., ESPN2) More early-round action at Wimbledon at the All England Club.

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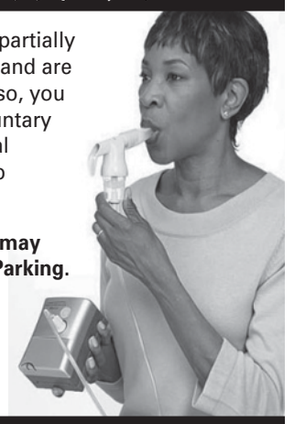

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Griffin the Subject of Baylor Extortion Plot

College basketball player arrested for targeting star QB

The Redskins

A former Baylor University basketball player was arrested Friday for allegedly trying to extort money from Redskins rookie quarterback Robert Griffin III.

Richard Khamir Hurd contacted Griffin's representatives on June 18 in the hope of receiving a sum of money in exchange for what court documents describe as "derogatory information," according to the documents and the Waco Tribune.

Waco's KWTX-TV first reported the news. KWTX also reported that Hurd was released on $25,000 bond at noon Monday.

Griffin isn't identified by name in the documents on file in U.S. District Court for the Western District of Texas, and neither is his agent, Ben Dogra. But sources told the Waco Tribune that Griffin was the target of the scheme.

According to the court documents, "Hurd communicated that he had derogatory information on a client of B.D., and that he intended to release that information to the media to damage or injure the reputation of B.D.'s client unless the client paid Hurd a substantial sum of money."

According to the court records, a representative of Dogra's met Hurd in Waco Friday, and Hurd "signed a non-disclosure agreement, turned over his derogatory information and was given a check representing the lump-sum payment." An undercover FBI agent, who was there when the transacton occurred, arrested Hurd shortly after the meeting, according to the court documents.

Redskins officials declined comment and members of Dogra's agency did not respond to messages. An FBI spokesman declined to comment. (THE WASHINGTON POST)

Hearsay

"If I was starting a team, I'd probably would've went with RGIII."

—BRETT FAVRE, SUPPORTING THE REDSKINS QB OVER TOP PICK ANDREW LUCK IN ANALYSIS TWO MONTHS AFTER THE NFL DRAFT.

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fit

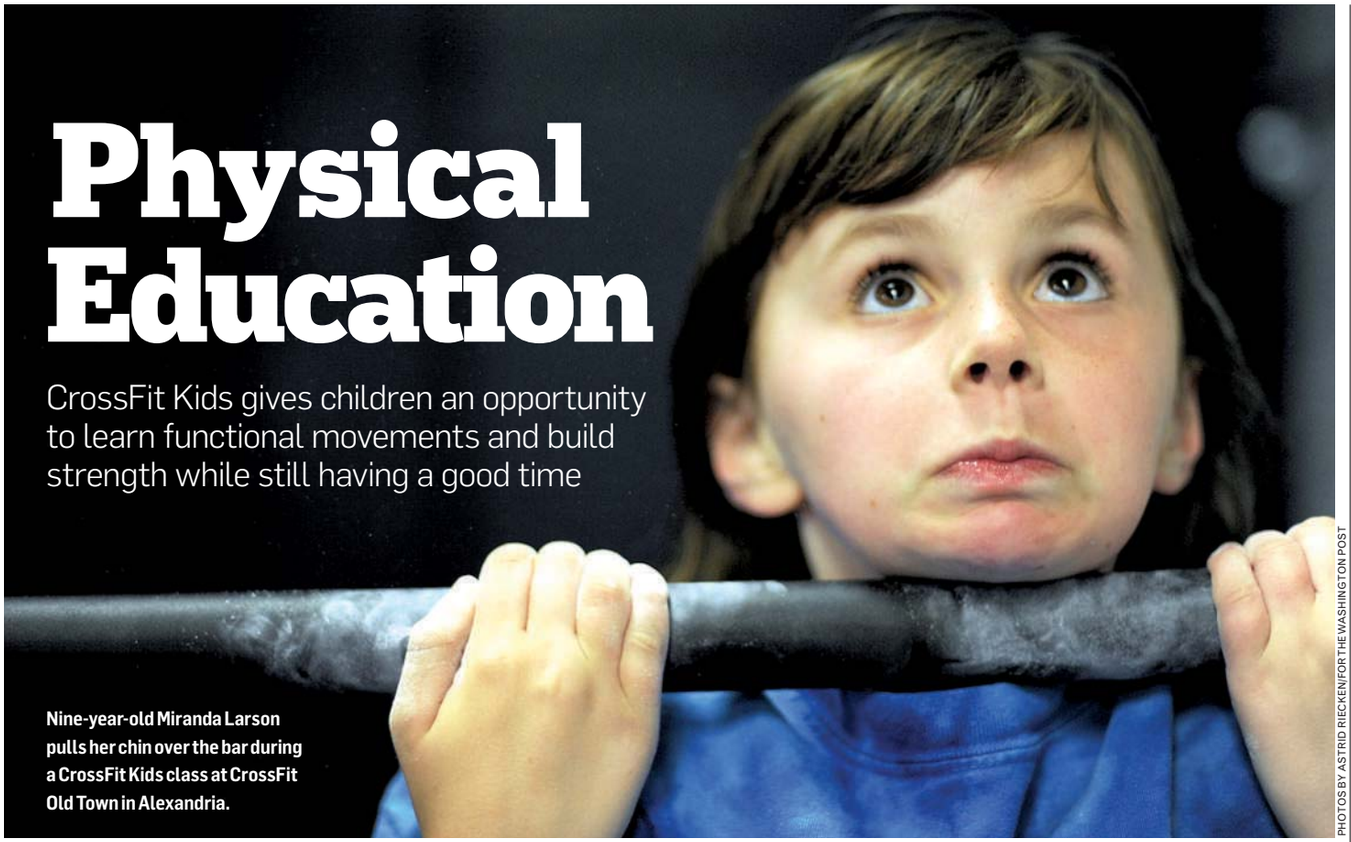
Guinea Pig | Cow Factor

Weird fact about Muscle Milk: It contains no milk. It's the same with all other protein beverages — except for Shamrock Farms Rockin' Refuel Muscle Builder ($5.49 for four-pack, GNC stores). The chuggable cartons, in chocolate and vanilla, are lactose-free and have 30 grams of protein per serving, more than double what you'd get straight from the cow. Our testers found it marginally tastier than other protein drinks, though some had trouble downing it.

See your weekly Gold's Gym Trainer Tip on the next page.

Physical Education

CrossFit Kids gives children an opportunity to learn functional movements and build strength while still having a good time



Nine-year-old Miranda Larson pulls her chin over the bar during a CrossFit Kids class at CrossFit Old Town in Alexandria.

PHOTOS BY ASTRID RIECKEN/FOR THE WASHINGTON POST

Even wearing just shorts and sneakers, Josh Levy was dripping sweat as he struggled to do another rep. "Go, Josh!" cheered his fans, and he found the strength to crank out a few more power snatches — a weightlifting exercise you don't normally expect from a 7-year-old.

But with a light PVC pipe in his hands and a smile on his face, Josh was able to complete a brutal circuit workout, along with nearly 500 athletes who converged near the Mall this month for CrossFit for Hope. The event was the debut of an annual fundraiser started by CrossFit, the popular strength and conditioning program that combines weightlifting, gymnastics, running and calisthenics.

It also promotes the idea that anyone is capable of these movements as long as they're appropriately modified. And that's how Josh — who at 69 pounds weighed less than the barbells being hoisted by most of the adults at the event — can be just as much a CrossFitter as his mom, Megan Columbus, 44, who takes her son to classes at Rockville's CrossFit Done Right.

Students in one of CrossFit Old Town's kid classes go on a short run to warm up.

He's one of thousands of children around the globe who are part of CrossFit Kids, which was established in 2004 by Jeff and Mikki Martin in Ramona, Calif.

The couple's martial arts background shaped their approach. "You want to do something well before you do it fast. You break things down and then link them together," Jeff Martin explains. And you make things move along quickly so no one gets bored.

A recent session for children ages 5 to 8 at CrossFit Old Town in Alexandria started with a warm-up that involved drawing a stick figure. To earn a new body part, the kids did a couple of reps of an exercise: squats for the head, high knees for the body, sprints for the legs, etc.

Next they focused on how to do thrusters. Holding a barbell — or in this case, a PVC pipe — you squat and then lift up, using the power of your whole body to get the weight into the air. They also did a similar lesson on pull-ups.

Then it was time for a quick workout incorporating those two movements, and, finally, a game.

That day's diversion was tag. The twist? Everyone moved in a different way. So the taggers were bear-crawling after crab walkers, and in the next round, it was skippers vs. side-to-side shufflers. Getting tapped meant running a lap before rejoining the game.

In this process, children build more than just muscle. "Kids could cheat, but they'll often say, 'That last rep didn't count,'" Jeff Martin says. "Those things transfer to the real world." Mikki Martin is especially pleased with how CrossFit Kids affects girls' self-image: "They focus on what they can do rather than what they look like."

Jerry Hill, owner of CrossFit Old Town, expects demand to grow as more people become aware of the program. He brought in CrossFit Kids because he and his wife were getting nagged by their daughters — and their members' children.

"Kids imitate you," says Meg Hixon, 34, whose three CrossFit Kids, ages 10, 7 and 6, are well on their way to earning callused palms just like Mom's. "I like it better than team sports, because those don't teach them about fitness. When the sport is over, you're done."

But you're never done with power snatches. VICKY HALLETT (EXPRESS)

Locations

Young & Restless

Find out more about the program at Crossfitkids.com, which features a map pinpointing places that offer classes. There are about a dozen local spots, including CrossFit Old Town (805 N. Royal St., Alexandria; Crossfitoldtown.com).

baggagecheck

BEN CLAASSEN III

People Size You Up As Well

Q I'm repulsed by fat people. There, I said it. I think they make horrible choices, tend to be lazy and overindulgent, and don't take responsibility for their actions. And they're responsible for public health problems that we all pay the price for. I never reveal these feelings, but seriously ... doesn't everyone secretly feel this way? JUST BEING HONEST

Underneath every pound of extra weight a person carries lies a variety of possibilities — from a metabolic disorder to depression, from medication side effects to chronic pain or injury. Of course, for plenty, it is simply overeating and a lack of exercise — but compared to the list of all the other ills that people inflict on society, it's indeed interesting that you single that one out. Probably because it's a trait that is obvious immediately upon looking at someone.

Your thoughts and feelings are your right to have. But it might be helpful for you to realize that you're basically going for the lowest-hanging fruit: choosing the most convenient trait as an object of your scorn, which is a wee bit lazy in itself. Just don't kid yourself into thinking you're displaying any objective sense of greater cosmic justice.

Sick of Playing Show-and-Tell

Q I'm really exhausted by all of my husband's social expectations for work. I feel like a 1950s housewife, expected to have his colleagues and bosses over for dinner, to be on his arm at reception after reception. In reality, I have a career and don't feel like playing this part all the time. But I certainly don't want to hold him back at his job. NOT ARM CANDY

So this is where you must get specific. Tell him exactly what you told me: You're too tired to wear this hat so frequently, but you want to support him in ways that work for both of you. Then you draw some new ground rules. Maybe you'll do just two receptions per month, or dinners only when the main course is disguised takeout (on nice plates that he sets out), or you get to beg off after x or y hours of air-kissing small talk at any given outing. The important part is that you communicate.

And if he wants or needs more, then he'll have to figure out a way to make that happen; presumably he got to his high-powered gig (which I sincerely hope he's not lording over you) by being adept at listening, compromising and problem-solving.

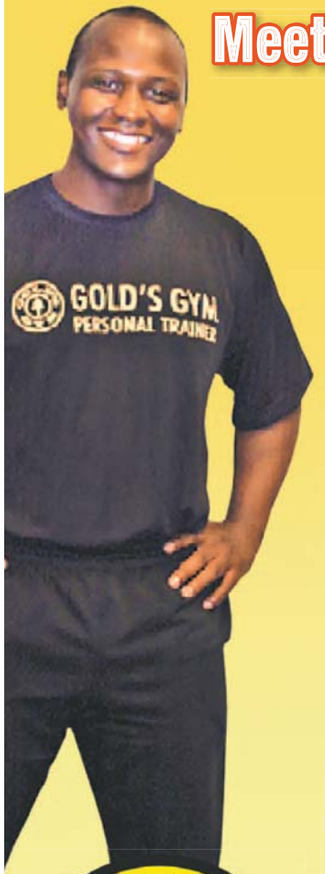
By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

History Lessons

It seems like the YMCA has been in D.C. forever — and it's pretty close to that. To celebrate the 160th anniversary of the founding of the organization locally, all area branches are hosting programs this week highlighting different facets of what they do. Today is dedicated to healthy living, so there are exercise demos, themed workouts and other diversions open to the public. Check online for more details: Ymcadc.org/specialEvents.cfm.



Meet The Trainer

Patrick Ocheni

Certified Personal Trainer
Rockville Gold's Gym

Patrick has a long track record of success with clients, including training the ultimate winner of the 2011 Gold's Gym "Get Fit Challenge." He has over a decade of experience in the fitness industry and is the author of the book "How to Get a Flat Stomach." Patrick holds a B.S. in electrical engineering from the University of Maryland.

Certifications:

- National Council on Strength and Fitness Certified Personal Trainer
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To schedule an appointment with Patrick or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM

Trainer Tip of the Week

Beat the heat by joining one of our many early morning boot camps designed specifically to get you summer ready. Our high-intensity classes keep you motivated in a group atmosphere with others who are committed to achieving the same goal. Plus, you'll have more energy to get through the day and to the beach.

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fit phys ed

ISTOCKPHOTO

Watch out for dog poop and other surprises before sitting in the grass.

Go With The Flow Outside

Washington in the summer can feel like one massive yoga studio, and not just because the temperature's been turned up high enough to hold a Bikram class. There are also free outdoor sessions for all levels in neighborhoods across the city. Here's where to look.

- **Dupont Circle:** Lululemon (Lululemon.com), the yoga and activewear clothing store, has brought back its "Yoga in the Park" series on the south side of the circle every Wednesday at 6:30 p.m.
- **Meridian Hill Park:** For the seventh year, instructors from various studios are leading classes on Sundays at 5 p.m. For more info, visit Bikramyogadc.com.
- **The Yards Park:** Every Wednesday night at 7, the waterfront green space (Yardspark.org) hosts classes led by instructors from Vida Fitness. Just head over to the Light Tower, which is at the western end of the boardwalk.
- **Crystal City Water Park:** Start your week with a class held every Monday at 7 a.m. in this space across the street from 1750 Crystal Drive. More details are available at Crystalcity.org.

VICKY HALLETT (EXPRESS)

COURTESY PUNK ROPE

If you haven't jumped rope since childhood, don't worry about not having perfect technique. It's still good exercise even if you're tripping just as much as you're hopping.

Jump for More Than Joy

Punk Rope creator Tim Haft keeps his students on their toes with varied exercises

Get ready to leap back in time with Punk Rope, a fitness class that feels like recess with its blend of jump roping, relay races, freeze tag and other elementary schoolyard staples — all set to a rocking soundtrack.

"The inspiration was really to make it an enjoyable hour so you don't know how hard you're working," says Tim Haft, the movement's self-described "Chief Punk," who launched the concept in New York in 2004. Since then, the personal trainer has traveled the country promoting his method.

One of his most recent stops was the Washington D.C. Jewish Community Center, where he partnered up with Shana Brady, Punk Rope's director of training, to inspire local folks to hop to it. We picked up some pointers.

Jump Start: Warming up is easy to do with a rope in your hands. After some stretching, Haft starts each class with a solid 2½ minutes of jumping, which is guaranteed to get your heart rate up instantly.

Class Trip: It's more about play than perfection. "Now if you get tangled up ... so what? Who cares?" Haft shouts to his students, many of who haven't jumped rope in quite a while.

End of Your Rope: Participants get to put the rope down every other song, because Haft sneaks in other exercises. During one song, he has participants bound across the floor toward a partner, meeting in the middle with a roar. A Spider-Man themed relay race — runners have to start on all fours in a Spidey-like position — leaves everyone out of breath and smiling. Danny Rubin, 28, who tried out the community center's demo class, says he often jumps rope for cardio, but this format taught him a few new tricks. "I can mix other things in, make myself work a little harder," he says.

Tricked Out: To break up the monotony of jumping, Haft cues a few different kinds of moves, including arm crosses, double hops and directional changes (forward, back and side-to-side). He also switches up the timing on jumps, and one exercise even challenges two people to jump in the same rope. Haft encourages students to get in touch with their inner rock star and get flashy. In a signature move, he ends a song on one knee, leaning back, circling the rope to the side like a lasso.

Tuned In: Half the reason to take Punk Rope (Punkrope.com) is the music, which Haft insists on blasting. The recent class at the Jewish community center, which had a superhero theme, included punked-up versions of the "Batman," "Spider-Man," "Speed Racer" and "Teenage Mutant Ninja Turtles" themes. BETH MARLOWE (EXPRESS)

The jump rope may be a simple piece of equipment, but there are multiple ways to use it for an exhausting cardio workout.

nutrition fit

Melon Madness

Summer's sweeter with these delicious recipes that feature the season's freshest fruits

Watermelon

This juicy fruit may tickle more than your taste buds: It contains citrulline, an amino acid that's essential to increasing blood flow during arousal. Red varieties can be richer than tomatoes in lycopene, a powerful destroyer of disease-causing free radicals. You can also find orange or yellow varieties, such as Orange-glo and Honey Island. No matter what the melon's color, a dark butter-yellow spot on its rind indicates the flavor will be sweeter and more concentrated.

WATERMELON TOWERS WITH BALSAMIC VINEGAR

Makes Six Servings

- **1 cup baby arugula**
- **1 lb seedless watermelon, cut into 3" x 3" x 1/2" pieces**
- **6 oz fresh goat cheese, cut into 12 thin rounds**
- **Olive oil, to taste**
- **Good-quality balsamic vinegar, to taste**

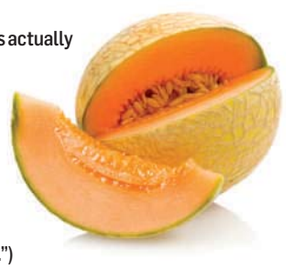
Place a small handful of baby arugula on each of 6 plates. Top each with a watermelon square.

Stack goat cheese on top of watermelon, then add a few sprigs of arugula. Repeat layers — watermelon, cheese, arugula — until all ingredients are used, ending with a few leaves of arugula.

Drizzle each tower with olive oil and balsamic vinegar.

Cantaloupe

What we call a cantaloupe in North America is actually the muskmelon. By either name, its distinctive taste pairs well with crisp flavors such as mint and ginger. One cup has 120 percent of the vision-boosting vitamin A you need in a day. Heirloom varieties include Crenshaw and Persian, and you'll know a ripe one by the indentation where the stem was. (Think "innie" belly button versus "outie.")



CANTALOUPE AND SERRANO HAM SALAD

Makes Six Servings

- **1 medium cantaloupe, skinned and seeded**
- **1/2 lb thinly sliced serrano ham**
- **2 Tbsp olive oil**
- **1 Tbsp fresh thyme leaves**
- **Salt and pepper, to taste**

Slice melon into thin ribbons using a vegetable peeler, sharp knife or mandoline. Cut ham crosswise into 3/4-inch strips.

Toss melon and ham together in a bowl. Drizzle with olive oil, then add thyme leaves and salt and pepper.

RACHEL MELTZER WARREN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Honeydew

Out-of-season honeydew can be tasteless and watery, but when eaten at its peak, this melon is one sweet slice (hence the name). Serve it with fresh berries, kiwi or a simple squeeze of lime juice to bring out its honey notes. Or swap your everyday 'dew for an heirloom variety such as Canary, Galia, Ogen or Sharlyn. Just make sure the skin is waxy, a good sign that the fruit's starch has turned to sugar on the vine.

HONEYDEW LIME COOLER

Makes Four Servings

- **2 cups cubed honeydew**
- **1 cup water**
- **Juice of 1 lime**
- **Seltzer**
- **Agave, to taste (optional)**
- **Fresh mint sprigs, for garnish**
- **4 strawberries, for garnish**
- **1 lime, sliced, for garnish**

Puree the honeydew, water and lime juice. Pour the mixture through a fine-mesh strainer, pushing pulp down with a spoon to release more liquid.

Divide the liquid among 4 glasses and top each one off with chilled seltzer.

Sweeten with agave.

Garnish each glass with mint, a strawberry and a lime slice.

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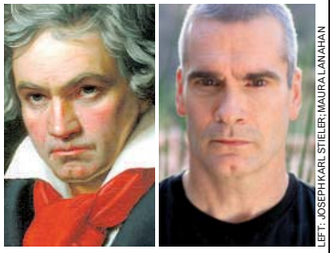
California Weary
Katy Perry says she needs a break from show business 35

Sound Bets



LEFT: JOSEPH KARL STIELER; MAURA LANAHAN

Rise Above

My psychic center exists somewhere between Black Flag's 1981 hardcore anthem "Rise Above" and the second movement of Beethoven's "Piano Sonata No. 23" from 1807. This self-revelation came by chance.

Whenever classical station WETA 90.9-FM plays its "Rise above it all" bumper, the reflexive part of me awaits a Black Flag song. It always felt like an emotional trip-up rather than an insight into expressing emotion through art, no matter the age or era.

By Christopher Porter

Then Beethoven jumped into the mosh pit.

I was cheating on WETA with Baltimore's classical station, 91.5-FM, which was playing the Beethoven piece also known as "Appassionata." Oddly, it was the "Andante con moto" (moderately slow) section that made me think of Henry Rollins & Co., even though that part is meditative, gorgeous, reflective — all the things Black Flag isn't. It was an apposite example of opposites, a perfect place to mentally "rise above it all." But the rest of the sonata is restless, emotional, sometimes angry — written when Beethoven was wrestling with hearing loss.

Punk enough for me.

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

Books

Cooks in The Lab

Two upcoming books show the science behind making great (and imaginative) food

You may not aspire to the culinary theatrics performed by the wizards of modernist cuisine — transparent ravioli? edible balloons? — but your cooking could still benefit from a few lessons from their labs.

Thankfully, food science is about to become far more home-friendly. Riding the buzz of science-driven cooking shows and hot modernist chefs such as Ferran Adria and Grant Achatz, publishers are releasing books this fall that demystify the secrets of everyday food science, such as searing meat, scrambling eggs and measuring flour.

"The Science of Good Cooking," from the test kitchens of Cook's Illustrated magazine, joins 50 basic concepts — why salt makes meat juicy, why high heat develops flavor — with 400 recipes that show you how to put those principles into practice.

Meanwhile, "Modernist Cuisine at Home" promises a bit more flair, urging home cooks to turn their blowtorches and meat injectors on comfy fare such as cheeseburgers and roast chicken.

"It used to be this obscure geeky thing, to talk about food science," says Jack Bishop, editorial director of America's Test Kitchen, which publishes Cook's Illustrated. "But now people see there's a real connection between that and the kind of cooking they do at home."

Bishop's goal is to harness this interest to create better cooks by putting the "why" behind the "how." Older, more experienced cooks may be using proper technique, but may have no idea why it works or where it comes from, he says. For young people, who may not have grown up watching someone cook, the concrete explanations will provide a foundation.

But if the authors of that book seek to educate, "Modernist Cuisine at Home" author Nathan Myhrvold wants to titillate.

He would have you turn your blowtorch on a steak or cook scrambled eggs sous vide, then deliver them as fanciful dollops through a whipping canister. "We're living in a very exciting time for cooking because all these things are possible," Myhrvold says.

> **"We're living in a very exciting time for cooking because all these things are possible."**
>
> — **NATHAN MYHRVOLD,** AUTHOR OF "MODERNIST CUISINE AT HOME."

Much of the equipment called for — pressure cookers, meat tenderizers, whipping canisters — is available in shopping malls or on the Internet. And many of the techniques are simple, Myhrvold says.

"Just because you think of it as a simple dish or a home dish or a low-brow dish doesn't mean you can't refine it if you know what you're doing," Myhrvold says.

And if all of it strikes you as just a bit too much fuss for meatloaf and chicken wings?

"If someone wants to have old-style recipes with old-style techniques, don't buy my book," he says. "This is about telling people how to do new stuff that they'll find really interesting, really novel. And not that difficult." MICHELE KAYAL (AP)

THE COOKING LAB

Ready to Roast: Comedy Central has named its next victim. Roseanne Barr, left, will be honored — and verbally assaulted — on the "Comedy Central Roast of Roseanne," set to debut Aug. 12. Charlie Sheen was the subject of the network's last roast. "All I can say is good luck finding anything about me to make fun of," says Barr, who stars in the reality series "Roseanne's Nuts." "I mean, I've never made a mistake or offended anyone in my life!" (EXPRESS)

entertainment lookout

top stops

IAN GAVAN/GETTY IMAGES

1 Folkways

Billy Bragg has spent his career trying to emulate Woody Guthrie in terms of both music and activism, so it makes sense that he'd tour to celebrate the folk legend's birthday. Expect plenty of Guthrie favorites, along with songs from "Mermaid Avenue," the album Bragg and Wilco made using lyrics Guthrie wrote but never recorded. ***Birchmere, 3701 Mt. Vernon Ave., Alexandria; Tue., 7:30 p.m., sold out; 703-549-7500, Birchmere.com.***

2 History Lessons

Quick, what do you know about the War of 1812? Some vague recollection of Canadians burning the White House? Maybe an inkling that Dolley Madison had something to do with it? A bicentennial exhibit can fill you in on all the details (James Madison was the only sitting president to ride into battle!) before your next cocktail party. ***National Portrait Gallery, 8th and F streets NW; through Jan., free; 202-633-8300, Npg.si.edu. (Gallery Place)***

3 The Big Apple

Fiona Apple: Either you love her or you lived with someone in college who did. She's the kind of immensely talented, emotional performer who inspires deep devotion. Apple's big music extends to big album titles: The full name of her second album was 90 words long. Her latest, "The Idler Wheel...," released last week, clocks in at a mere 23. ***Warner Theatre, 513 13th St. NW; Tue., 8 p.m., $55-$75; 202-783-4000, Warnertheatredc.com. (Metro Center)***

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MARK METCALFE/GETTY IAMGES

Glen Hansard leaves the Frames and the Swell Season behind on his solo debut.

At Long Last, A Solo Affair

The Swell Season's Glen Hansard goes it alone on his new disc

Album Review

That Glen Hansard is only now releasing a solo album after two decades feels like something of a technicality. "Rhythm and Repose" will seem familiar to both fans of his Irish rock band the Frames and latecomers who didn't stumble on his brood-then-belt style until his starring role in the 2006 indie smash film "Once," which earned him an Academy Award for songwriting.

Glen Hansard
Rhythm and Repose

In his past projects, Hansard wrote most of the music. Here he finally gets sole billing for a new batch of restrained what-went-wrong songs, but without the slow burns to purges of wailed angst that's set his career apart.

There are exceptions. "Bird of Sorrow" plinks around on a piano before Hansard rips "I'm not leaving" to rattle the slow ballad. "High Hope" delivers a more satisfying scream-a-long. "What Are We Gonna Do" is a quiet chiller that features an assist from Marketa Irglova, Hansard's "Once" co-star and sidekick in the Swell Season.

Hansard tours the U.S. later this year with Eddie Vedder, whose own recent solo album after 20 years fronting Pearl Jam was a ukulele-strumming getaway from his day job. But Hansard's still on the clock. As the former Dublin street busker reminisces in the country downer "Maybe Not Tonight," this first solo plunge is merely echoes of another time. PAUL J. WEBER (AP)

Track to Try

"You Will Become"

The tense opener has an acoustic march capped over and over with a bass-y and buzzing pluck of Hansard's top guitar string. It taps the brakes just as it ramps up, a sign of what's to come for the next hour. (AP)

● *9:30 Club, 815 V St. NW; Sept. 19, 7 p.m., $30; 202-265-0930, 930.com. (U Street)*

TV tonight lookout

Best Bets

CW 8:00

The Catalina Morgan and Stephanie have a tense confrontation as the hotel hosts an exclusive beach polo tournament. Kris, right, manages to offend everyone on the staff with his misbehavior. David has a close encounter with some professional wrestlers.

TNT 9:00

Rizzoli & Isles "Criminal Minds" fans might remember a story-line similar to this one: the deaths of several young women dressed as dolls. Jane and Maura investigate when these bodies turn up in the public transit system. Angela (Lorraine Bracco, left) has some new ideas for the cafe.

BRAVO 10:00

Pregnant in Heels While on the West Coast, Rosie gains a couple of new clients. Donna wants to outfit her whole house with surveillance cameras to keep an eye on her baby nurse, and dads-to-be Victor and Chris are seeking a special gift for their surrogate. (TRIBUNE MEDIA)

TLC

CRAFT WARS

Extreme Crafting

TLC 9:00

This new 10-episode competition series puts the spotlight on the $30 billion craft industry. The show pits everyday enthusiasts against one another in two rounds of difficult challenges, encompassing different genres of crafting expertise. Tori Spelling serves as host and executive producer. (TM)

Premieres

Every Parent's Worst Nightmare

"Retired at 35" (10 p.m., TV Land) follows the travails of a burnout who "retires" to Florida — much to his parents' chagrin. Broadway's Marissa Jaret Winokur, above, joins the cast as his sister, who competes with him for their parents' affection. (UNIVERSAL UCLICK)

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3	$57,300
4	$63,600

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Silver Spring

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Roomy Apts, Walking Distance to MetroBus, Shopping, Restaurants
1 BR/**$1168** • 2 BR/1 B/**$1350**
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3 BR/2 B/**$1750**
Stop in or call today for details
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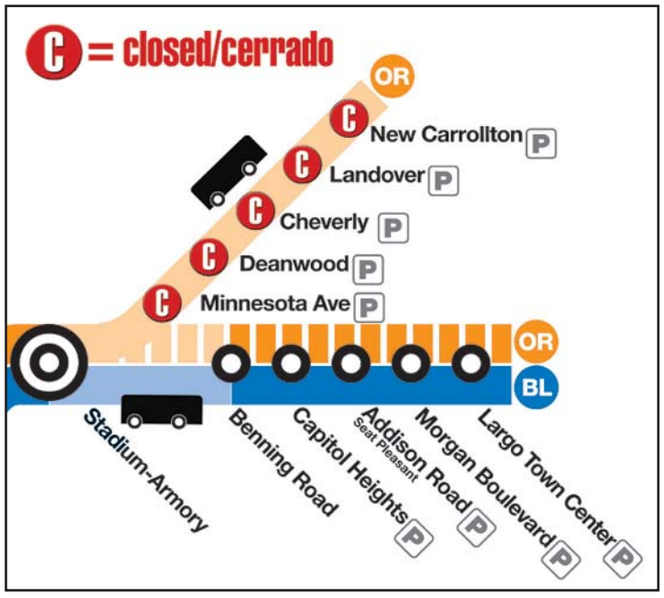

From Friday, June 29 at 10 p.m. to Sunday, July 1 at closing:

Buses replace trains on the Orange Line between Stadium-Armory and New Carrollton and on the Blue Line between Stadium-Armory and Benning Road as Metro welds rail, repairs platforms and performs fastener and grout work.

To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.

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RD Medical Center - Grosvenor-Strathmore

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OLNEY, MD - Shr 4BR condo, sm rm avail. N/S, N/P, nr trans/shopping. $550 + elec. Avail 7/1. Call **240-351-5150**

ROOMMATES

OXON HILL - Furn. room avail Male pref. Nice house. Share kit. Near stores. On Bus line. Please call **202-549-0060**

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SPRINGFIELD- 495 & Braddock Rd, M/F, 2 rooms to choose from, N/S, starting @ $595. Clean & odor free. **Call 703-625-6205 or 703-321-7667**

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UPPER MARLBORO, MD- 1 furn BR in TH. Share kit & BA. N/P. Catv ready. $600 inc utils. **240-893-1473**

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$199,900, 1 br, 1 ba, 1 Fls, 5060 7th Road S, #102, Arlington, VA, Balc, New Crpt, 703-608-3729 Open House: 6/24 and 7/1 from 1-4pm.

HOUSES FOR SALE

LANHAM/UPPER MARLBORO, MD- Half price homes for sale. Can rent with option. Vet avail. Credit check. **Call Ike. Metro RE. 301-335-4447**

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GETTY IMAGES

Blog Log

"What could be more satisfying for a fan, in fact, than to be insulted by Louis C.K. on Twitter in front of all of his followers?"

—DUSTIN ROWLES AT UPROXX.COM is intrigued by the comedian's social media strategy, after he tweeted "Okay here's how I do twitter from now on. I make a show announcement, then take questions and insult you for a few minutes."

"Nay. RT @JenniferBrix: :: Yay or Nay? - Jennifer Hudson Launching Clothing Line"

—@PEACELOVEFLAKE isn't interested in the former "American Idol" star's newest business venture.

"14 winners from NW and one from Alexandria. What is this, 1997? The RAMMY's are dullsville."

—COMMENTER KEV29 AT DCIST.COM was not impressed with the slate of awards handed out by the Restaurant Association Metropolitan Sunday night at the Washington Marriott Wardman Park hotel.

"There have always been those events where we'll forever [remember] where we were when they happened. I'll always remember I was on my way to school when I first heard about 9/11. ... And I'll always remember being at work in Oklahoma City three years ago today when we all heard someone across the room yell, 'Michael Jackson died!'"

—CHASE COLSTON AT HOT1073JAMZ.COM looks back on the King of Pop, who died three years ago Monday.

"My fundamental problem with Ann departing would be that she brings a level of intellect to our morning shows that is hard to come by and has a breath of authenticity too often lost in today's media."

—UPTIN SAIIDI AT NEWSROOM.MTV.COM reacts to news that Ann Curry will likely be on the way out as co-host of NBC's "Today" show.

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Reason # 41

Drawing moustaches on famous faces never gets old.

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puzzles lookout

Horoscope

CANCER (June 21-July 22) You may have a distorted notion of what is lying before you at this time. Today, try to gather more up-to-date information.

LEO (July 23-Aug. 22) You will want to change something about your surroundings, but take care that you are not trying to do too much too soon.

VIRGO (Aug. 23-Sept. 22) You'll be introduced to someone who has a few big ideas that you can take advantage of. Don't jump the gun, however.

LIBRA (Sept. 23-Oct. 22) You'll be surrounded by threats and dangers of a certain kind — and some are so well hidden that you may not see them ahead of time.

SCORPIO (Oct. 23-Nov. 21) It's time to get started on something that is long overdue — and a loved one will be relieved that you haven't dropped the ball at all.

SAGITTARIUS (Nov. 22-Dec. 21) You may feel as though you are not getting the hang of something new. Give yourself a little more time.

CAPRICORN (Dec. 22-Jan. 19) You've been enjoying perhaps more luck than usual lately, but today you may be faced with a certain uncomfortable reality.

AQUARIUS (Jan. 20-Feb. 18) Your day begins in a way that sets you up for success in a dramatic way. Others will be watching your progress with great interest.

PISCES (Feb. 19-March 22) The information you receive from another may not be wholly necessary, but it will tell you a lot about the people you are dealing with.

ARIES (March 23-April 19) You may be waiting on someone to give you more than you currently have — but you may actually have gone to the wrong source.

TAURUS (April 20-May 20) A disappointment need not ruin your day; in fact, you can turn it to an advantage when things get more exciting after hours.

GEMINI (May 21-June 20) A longtime friend and partner may not understand your motives at this time. An explanation may be necessary to avoid a rift.

PostPoints DAILY CODE DU

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 211

								RACK 1
E1	E1	N1	R1	T1	W4	S1	1st Letter Double	
								RACK 2
A1	E1	I1	Y4	R1	G2	T1		
								RACK 3
E1	E1	U1	T1	M3	R1	P3		
								RACK 4
E1	E1	Y4	T1	N1	S1	V4	Double Word Score	

Yesterday's Solution

U1	M3	P3	T1	E1	E1	N1	RACK 1 =	61
T1	A1	R1	G2	E1	T1		RACK 2 =	9
U1	P3	S1	W4	E1	E1	P3	RACK 3 =	92
N1	E1	W4	S1	M3	E1	N1	RACK 4 =	62
PAR SCORE 145-155							TOTAL	224

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

			6		4			8
5				2	8		7	9
	8	6	9	3		5		1
4		9	5		1			3
1				8				5
8			3		6	7		4
3		5		4	9	1	8	
6	4		8	1				2
9			2		3			

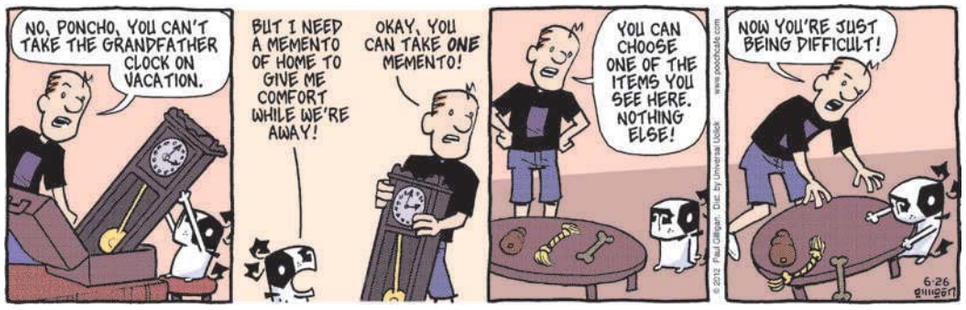
Yesterday's Solution

4	6	2	9	8	7	1	5	3
7	8	9	3	1	5	4	2	6
1	3	5	2	4	6	9	8	7
6	9	3	5	2	4	8	7	1
2	1	4	7	9	8	6	3	5
8	5	7	1	6	3	2	9	4
5	2	8	4	7	1	3	6	9
3	4	6	8	5	9	7	1	2
9	7	1	6	3	2	5	4	8

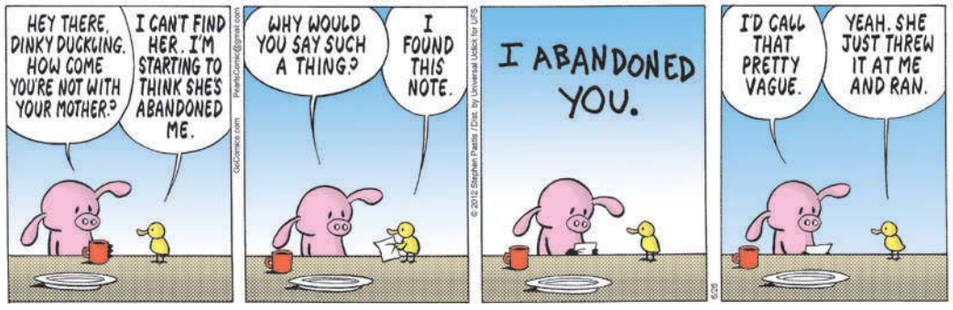
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

80 | 63

Today: Partly sunny, breezy and nice today. Clear to partly cloudy tonight.

88 | 68

Tomorrow: Mostly sunny and nice tomorrow. Clear tomorrow night.

Looking Ahead

THU	FRI	SAT
93 | 76	100 | 79	95 | 72

Sun and Moon
Sunrise today: 5:45 a.m.
Sunset today: 8:38 p.m.
Moonrise today: 12:53 p.m.
Moonset today: 12:08 a.m.

Almanac
Normal high: 87
Record high: 100
Normal low: 69
Record low: 53

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- People who have pets in their household

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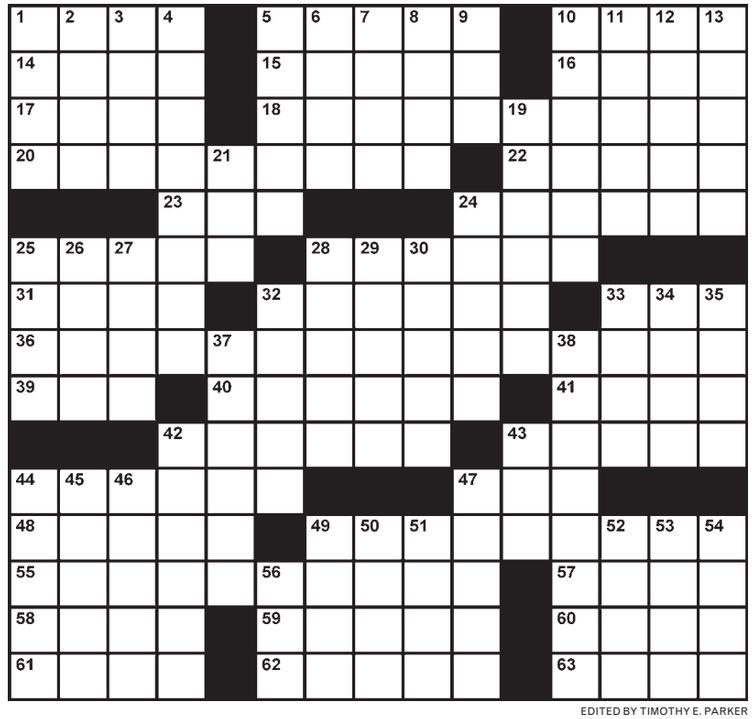
Crossword

LEVEL HEADED



EDITED BY TIMOTHY E. PARKER

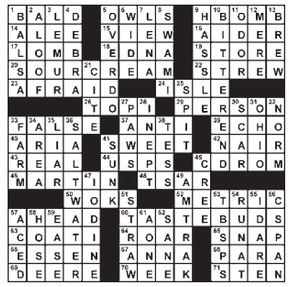
ACROSS

1 "Punxsutawney ___"
5 Deep-voiced opera singer
10 ___-Cola
14 A California Santa
15 Hawaii howdy
16 "Planet of the ___"
17 "Madama Butterfly" sashes
18 Convince using compliments
20 Quickly
22 Hauntingly strange
23 One exchanging party favors?
24 Canine's coat?
25 Ice cream serving
28 Cheerleading maneuvers
31 "Yours, Mine and ___"
32 Backspace relative
33 Pasture field
36 Be an egoist
39 The whole shebang
40 Safe harbors
41 Arizona flattop
42 Abundant
43 Ending for "sea" or "way"
44 Half the "Who's on First?" team
47 Rockefeller's biz
48 A bit of antiquity
49 Clean with high-velocity particles
55 Impartial
57 "Don't hurt me!" e.g.
58 "No ice, bartender"
59 Easily flimflammed
60 "Three up, three down" results
61 Sax type
62 Better for the job
63 "Do not open till ___"

DOWN

1 Actor's implement
2 "I Am a Lonesome ___" (Dylan song)
3 Cow-horned Egyptian goddess
4 Taps, in the U.K. military
5 Fundamental
6 "___ for the poor"
7 Chimney accumulation
8 Oxford or pump
9 Feed bag bite
10 Provides food
11 Abstract painting style of the '60s
12 "As You Like It" character
13 "Jeopardy!" contestant, say
19 Furnace, e.g.
21 Behave like a bunny
24 Shakespearean title character or New Testament epistle
25 Biggest seat in the house
26 Carefully select
27 Given with a spoon
28 Electronic control mechanism
29 Tradesman
30 Sierra ___
32 Apportioned, as cards
33 Creepy look
34 "... or ___!"
35 A great distance
37 Palm roofing material
38 Eradicated disease
42 Broach, as a subject
43 Small lie
44 Large public space
45 Angle maker
46 Cry of a sheep
47 Comparatively peculiar
49 Hike to the quarterback
50 Comstock entrance
51 "Party of Five" actress Campbell
52 Astringent or styptic
53 "___ good example"
54 Ex-Soviet news agency
56 Get ___ (receive a good grade)

Yesterday's Solution



Today in History

1911 John J. McDermott becomes the first American-born golf player to win the U.S. Open, played in Chicago.

1945 Fifty countries sign the charter of the United Nations in San Francisco.

1963 President John F. Kennedy makes a visit to West Berlin, where he famously declared, "Ich bin ein Berliner" ("I am a Berliner").

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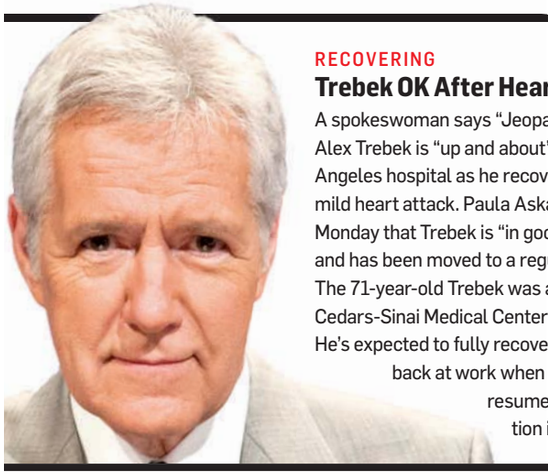

RECOVERING

Trebek OK After Heart Attack

A spokeswoman says "Jeopardy!" host Alex Trebek is "up and about" in a Los Angeles hospital as he recovers from a mild heart attack. Paula Askanas said Monday that Trebek is "in good spirits" and has been moved to a regular room. The 71-year-old Trebek was admitted to Cedars-Sinai Medical Center Saturday. He's expected to fully recover and be back at work when "Jeopardy!" resumes production in July. (AP)

WHEN BLUE IVY TURNS 13

'I Hate You! I'm Going To Run Away to Hvar!'

Beyonce and Jay Z's daughter, Blue Ivy, has been named an honorary citizen of Hvar, an island of Croatia, Usmagazine.com reported. After the couple vacationed there last summer, tourism increased dramatically. The baby's name is inspired by the blue ivy Beyonce saw growing on the island, according to a video she posted in the spring. (EXPRESS)

GLOBALGRIND.COM

Blue Ivy turns her face from the world.

Sheenic Route

1 Point Angels, 2 Points Demons

Charlie Sheen told "Good Morning America" on Monday that he's not still abusing drugs. When asked if he is still drinking, Sheen answered, "Who doesn't? We live in a country where it's always Miller Time." He also explained that he no longer believed in rehab after the events of last year. (EXPRESS)

JAG GUNDU/GETTY IMAGES

SECLUSION

Katy Goes Dark

Katy Perry plans to take a break from her career following the release of the documentary "Katy Perry: Part of Me" in July. "I need to let my heart heal," she told "Extra's" Mario Lopez. In the interview, she suggested that ex-husband Russell Brand did not adequately support her career, but said that she doesn't regret their brief marriage — it provided "really good material for my songs." (EXPRESS)

ALTRUISM?

He IS Promoting a Movie ...

Steve Carell helped out a pizzeria recently, according to the National Enquirer. When he stopped at the Hollywood restaurant to pick up dinner, he was saddened to see the manager acting harried. A worker had failed to show up for his shift, so Carell helped answer phones and take orders for 45 minutes. The manager gave him a free pizza. (EXPRESS)

"I hated school so much. Look at a picture of me before I was 15. I am a boy. I wore my brother's clothes, dude!"

— **KRISTEN STEWART** TELLS VANITY FAIR HOW SHE WAS MADE FUN OF IN MIDDLE SCHOOL BECAUSE SHE DIDN'T WEAR JUICY COUTURE JEANS, DRESSED LIKE A BOY AND DIDN'T SHAVE HER LEGS.

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